

# Food & Fitness

August 2000

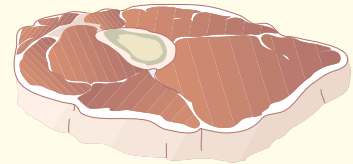
## Food Safety

### Are you a safe cook?

This time of year is perfect for barbecues, picnics and all the foods that go along with these outdoor activities. Take this quiz to see how much you know about preventing food poisoning.

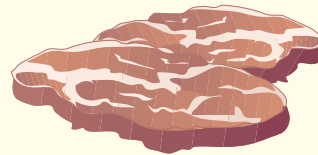
**1. Leftovers can be kept at room temperature for**

- a. 30 minutes
- b. 2 hours
- c. 4 hours



**2. The "Danger Zone" for bacteria growth is:**

- a. Between 40 degrees and 140 degrees
- b. Between 50 degrees and 100 degrees
- c. Between 30 degrees and 160 degrees

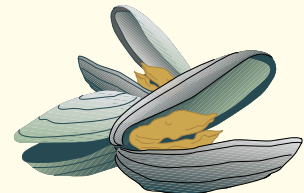


**3. Ground beef should be cooked until**

- a. The juices run clear
- b. The internal temperature reaches 160 degrees
- c. The internal temperature reaches 185 degrees

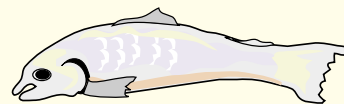
**4. The marinade from raw meats, poultry or seafood can be used**

- a. Not at all
- b. Only if boiled first
- c. As is



**5. Meats, poultry and seafood can be defrosted**

- a. In the refrigerator
- b. In the microwave
- c. Out at room temperature



**Question 1 - b.** Bacteria can grow on perishable food left out at room temperature. Don't leave food out for more than two hours, or one hour in hot weather. Refrigerate leftovers in shallow containers so they can cool down as quickly as possible. And eat the leftovers within five days.

**Question 2 - a.** Bacteria can grow rapidly between 40 degrees and 140 degrees. Some bacteria can double in just 20 minutes. That's why it's important to keep perishable food refrigerated and not out for more than two hours.

**Question 3 - b.** Cooking ground beef to 160 degrees will prevent food poisoning caused by E coli. Use an instant read thermometer to check the internal temperature of meats and poultry. Bacteria are killed at 160 degrees. You can't tell just by looking to see when the juices run clear or when the pink color is gone. It's recommended that you cook ground beef to 160 degrees, roast or steaks to 145 degrees, and whole poultry to 180 degrees.

**Question 4 - b.** Believe it or not, you can use marinades from raw meats, but ONLY if they are boiled first to kill any bacteria. Also marinate foods only in the refrigerator, not out at room temperature.

**Question 5 - Both a and b.** Either method is safe. Just don't thaw foods by leaving them out at room temperature or by running them under cold water. If defrosting in the microwave, cook the food immediately after thawing.

Source: [www.ivillage.com](http://www.ivillage.com)

# Basic First Aid

## Heimlich Maneuver

### How and When to Use It

Use the Heimlich maneuver to dislodge an object that is choking a person.

#### Warning

Use the Heimlich maneuver only when you know a person is choking.

A choking person:

- ✓ **can't breathe.**
- ✓ **can't talk.**
- ✓ **may turn blue.**

#### If the choking victim is standing:

1. Stand behind the victim.
2. Wrap your arms around his or her waist.
3. Make a fist and place the thumb of your fist against the victim's abdomen, just above the navel and below the breastbone.
4. Grab your fist with your other hand.
5. Give a quick upward thrust into the victim's abdomen. Use less force if the victim is a child.
6. Repeat thrusts until the object pops out.

#### If the victim is lying down:

1. Turn the victim face up. Straddle the victim with your knees facing the person's head.
2. Place the heel of one hand against the victim's abdomen, above the navel but well below the breastbone.
3. Place your other hand over the first.
4. Give quick upward thrusts into the victim's abdomen until the object is dislodged. Use less force for children.

#### If you are choking, and you can't get help:

Do abdominal thrusts on yourself or lean forward with quick thrusts into the back of a chair to dislodge the object.

#### Call the Doctor

- ✓ If possible, have someone call for emergency help while the Heimlich maneuver is being performed.
- ✓ Call for emergency help if the person loses consciousness or you can't dislodge the object.



Source: Parlay International

*Do not use these heimlich methods on a child who is younger than one year old.*